ThoughtCheck™

Is that thought really true?

ThoughtCheck™ is an app that walks you through checking a thought, one calm step at a time.

Scan to try it

- Every check is free, always.
- You don't need an account. Plus uses only your email address to sign in.
- Saved on your phone.
- Works for many feelings.
- For adults (18 and older).

thoughtcheck.app/app/

A self-help tool, not therapy. In crisis, call or text 988 (US and Canada), or call Samaritans on 116 123 (UK). Elsewhere: findahelpline.com

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